

NIOSH to publish mining insights

Look for NIOSH to soon publish proceedings of the national ergonomics conference from earlier this year in Chicago.

The mining sessions at the two-day gathering examined successful mining programs. Tim Martin of **American Electric Power's** Fuel Supply Div. showed how mining companies reduced accidents, reduced worker compensation and cut down time.

Injuries at AEP's Fuel Supply

Division dropped from 67 in 1989 to only 8 in 1996 largely because of the ergonomics process. Martin and Dan Anderson of CONSOL noted that many ergonomic fixes are simple and inexpensive.

The tips include:

- Reduce the weight of frequently handled objects to prevent back injury.
- Keep timbers dry. Water-logged timbers can weigh 20 to 40 pounds more than dry ones.

- Rely more on hoist mechanisms to help in lifting timbers and other heavy objects.

Remember hernias, from lifting or pulling, are consistently the most common form of injury in all categories of mines.

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